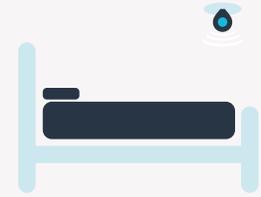


Home Safety



Bedroom

- Have a carbon monoxide and smoke detector near all bedrooms and be sure to test and replace the battery twice a year.
- Never smoke in bed or leave candles burning, even for a short time, in an empty room.



Bathroom

- Set the thermostat on the water heater no higher than 120°F to prevent scalding.
- Have grab bars installed in the shower and near the toilet to make getting around easier and safer.
- Put rubber mats in the bathtub to prevent slipping.
- If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.

Storing and taking medications:

- Keep all medications in their original containers so you don't mix up medicines.
- Ask your pharmacist to put large-print labels on your medications to make them easier to read.
- Take your medications in a well-lit room, so you can see the labels.



Stairway

- Make sure all hallways, stairs, and paths are well lit and clear of objects such as books or shoes.
- Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.



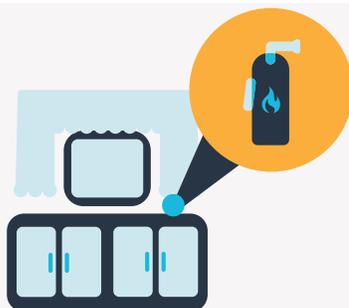
Living room

- Arrange furniture so there is ample room to move around it.
- Tape all area rugs to the floor so they do not move when you walk on them.
- Carry a cell phone or cordless phone to keep from running to answer it.
- Replace appliances that have fraying or damaged electrical cords.
- Don't put too many electric cords into one socket or extension cord.
- Make sure heaters are at least 3 feet away from anything that can burn, such as curtains, bedding, or furniture. Turn off space heaters when you leave the room.
- Keep your windows and doors locked at all times.
- Never let a stranger into your home when you are there alone.
- If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.



Kitchen

- Store commonly used items on easy to reach shelves.
- Keep a fire extinguisher under the sink.
- Don't wear loose clothes or long sleeves when cooking.
- Never try to heat your home with your stove, oven, or grill since these can give off carbon monoxide – a deadly gas that you cannot see or smell.



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Post Emergency Numbers:

- Emergency Assistance: **911**
- Poison Control:
1-800-222-1222
- Family member or friend to call in case of emergency
- Healthcare provider's office
- Suicide and Crisis Lifeline: **988**